

Child Care Food Program Newsletter

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www.catalystcomm.org



Nutrition & Health News

Milk and Milk Substitutes on the Child Care Food Program

Fluid Milk is a required component at all meals (breakfast, lunch, dinner) on the CACFP and is an essential part of a child's healthy diet. Milk is packed with protein, calcium, and vitamin D, all important for the growth and development of children.

- **Whole milk is required for ages 1-2 years of age.**
- **Fat-free (0%) or Low-fat (1%) milk are required for children over 2 years of age.**

If a child has a special dietary need and is not able to drink cow's milk, parents may sign a **Parental Request for a Non-Dairy Milk Substitute Form** to allow the non-dairy milk substitute to be served and claimed on the CACFP. The Non-dairy milk substitute **MUST** be nutritionally equivalent to cow's milk and can be provided at the expense of the parent or provider to be part of a reimbursable meal.

The following reimbursable non-dairy milk substitutes are nutritionally equivalent to cow's milk in that they have similar amounts of protein, vitamins A & D and B-12, magnesium, potassium, phosphorous and riboflavin:

- 8th Continent Soymilk
- Pacific Natural Foods Ultra Soy
- Walmart Great Value Original Soymilk
- Kirkland Organic Soymilk
- WestSoy Organic Plus Plain Soymilk
- Silk Original Soymilk
- Commercial Goat's Milk (pasteurized).

Please note: Plant-based milks such as almond, pea, coconut, hemp and rice are **NOT** reimbursable non-dairy milk substitutes because they are not nutritionally equivalent to cow's milk. These non-dairy milk substitutes are only accepted with a **Medical Statement** signed by a licensed physician, physician's assistant or nurse practitioner.

Both the **Parental Request for Non-Dairy Milk Substitute** and **Medical Statement** can be found on our website www.catalystcomm.org under Programs>Child Care Food Program>Forms.

Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101
Cameron Park, CA 95682

530-676-0707 x3

www.catalystcomm.org

December Claim Deadlines

January 1st- KidKare claim due by midnight

January 5th- Enrollment Forms due in Cameron Park Office

Upcoming Holidays:

New Year's Day (1/1/2021)

Martin Luther King Day (1/18/21)

KidKare Corner

How to View & Sign Your Virtual Review Report in KidKare

We greatly appreciate your partnership in making your Virtual Review visit a successful one during the pandemic. After your virtual visit, you should receive an email from noreply@minutemenu.com with a link to download and view your **Review Report**. You can also access the Review Report in your KidKare account by clicking on the envelope icon on the top left. Open the Catalyst Community CCFP Review Report and download by clicking on the link. Once the report is downloaded, *Open in Acrobat* to convert into a PDF that can then be signed electronically (e-sign). Click here for [Instructions for How to E-sign your Virtual Review Report](#). **Please return your signed review Report to your Monitor as soon as possible to complete your Virtual Review visit and remain in compliance.** If you do not wish to use e-sign, you can simply print the report, sign it, and then scan or take a picture and email/text it to your Monitor!

Program Reminders

Financial Resources for Impact of COVID-19

[Home \(ca.gov\)](#) Low Income Home Energy Assistance Program (LEAP)

A federally funded direct payment program to assist eligible households in offsetting the cost of heating and for cooling their homes.

[CARE/FERA Program](#) California Alternate Rates for Energy Program

Provides 20% discount on gas/electric bill for qualified applicants.

[Energy Savings Assistance Program \(ca.gov\)](#)

Offers energy saving home improvements at no cost.

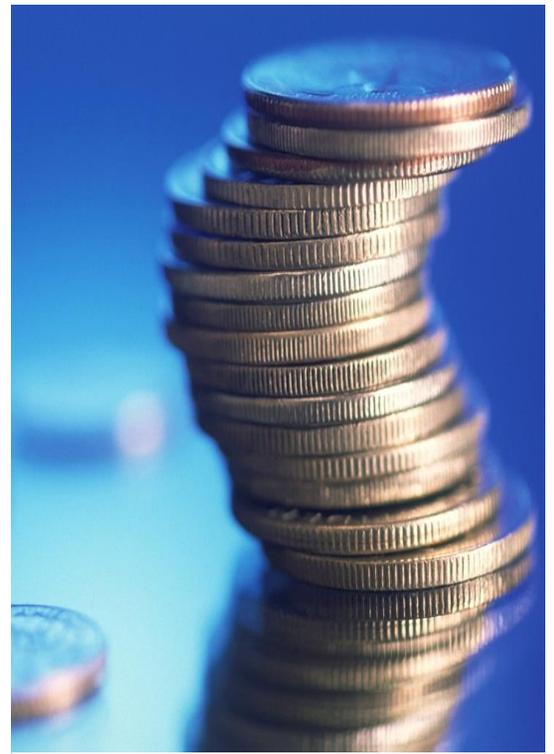
[Housing Choice Vouchers Fact Sheet | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#)

Eligible applicants can rent privately owned, existing, safe, and sanitary housing by making housing assistance payments to a private landlord.

[Welcome to Benefits.gov | Benefits.gov](#) (TANF – Temporary Assistance for Needy Families). Applicants must be pregnant or have minor children in the home. Amount of aid depends on household size and countable income resources.

[Benefitsca.com](#) MediCal Program/County Medical Services Program (CMSP) as well as CalFresh (Food Stamps). Provides assistance in meeting food and health care expenses for eligible persons. Provides medical assistance to residents who do not meet Medi-Cal eligibility.

For additional resources: Type **2-1-1** and your local county into your search engine. For example, "211 Santa Clara County"



On the Move Snowball Sock Toss

Create a fun game with a laundry basket and a pile of balled-up white socks. Place the laundry basket at a challenging but reasonable distance and have them try to toss the sock snowball into the basket. For every "basket" made, provide a celebratory round of applause and jump up and down! Even if they miss, cheer them on anyway with encouraging words like, "Keep trying!" and "You can do it!"

Recipe of the Month

Vegetable Frittata Muffins

1 ½ cup or 4 oz Fresh mushrooms, coarsely chopped

1 cup or 4 oz Fresh onions, diced

1 cup or 4 oz or Fresh red bell peppers, diced

½ tsp Salt

¼ tsp Ground black pepper

2 cups or 4 oz Fresh spinach, coarsely chopped

⅓ cup or 1 oz Low-fat cheddar cheese, shredded

¼ cup Skim milk 3 eggs or 6 oz Liquid eggs

½ cup or 2 oz Whole-wheat flour

Preheat oven: 350 °F. In a large saucepan, add mushrooms, onions, bell peppers, salt, and pepper. Stir well. Sauté uncovered over medium-high heat for 2 minutes. Add spinach. Cook uncovered over medium heat for 1-2 minutes until wilted. Pour vegetable mixture into a roasting pan (9" x 13" x 2 ½"). Cover and refrigerate at 40 °F for 30 minutes. After cooled, sprinkle ⅓ cup cheese evenly over vegetable mixture. Stir well. Lightly coat a muffin pan. Portion 2 Tbsp vegetable mixture into 6 muffin cups. Set aside. Combine milk, eggs, and flour in a large bowl. Stir well. Portion ¼ cup egg mixture on top of vegetable mixture in each muffin cup. Bake until golden brown and eggs are slightly firm, about 30 minutes.

CACFP: One frittata muffin provides ½ cup vegetable (⅓ cup additional vegetable, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable) and 1 oz equivalent meat alternate.



*Wishing you a Very
Happy & Healthy
New Year
2021
Your CACFP Staff*